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Insurance Department Releases Report on 2018 Health Insurance Costs

CONCORD, NH – The New Hampshire Insurance Department released the final version of its annual report on health insurance and cost drivers in the state. The report looks at 2018 data from insurance companies operating in the state.

“The information contained in this report is critical to understanding health insurance costs in New Hampshire,” said Insurance Commissioner John Elias. “It can help policymakers, insurance companies, and other stakeholders make informed decisions about our health insurance markets.”

Some of the key findings include:

- The number of employer-sponsored insurance plans increased in New Hampshire and growth was most notable in the self-insured market.
- Average individual market premiums in New Hampshire matched the national average; both had large increases in 2018.
- Similar to 2017, the New Hampshire small group market premiums in 2018 were close to the average across the United States with only modest increases.
- The New Hampshire large group market had higher average premiums than the New England and national average.
- The average deductible increased in all segments from 2017 to 2018.
- The 2018 claim trends were higher than 2017 trends, primarily driven by the shift to higher cost specialty drugs and high-tech radiology and surgery.

The [full report](#) is available on the Insurance Department’s website, along with an [abbreviated fact sheet](#) for quick reference.

State law requires the insurance commissioner to “hold an annual public hearing concerning premium rates in the health insurance market and the factors, including health care costs and cost trends that have contributed to rate increases during the prior year.”

A preliminary version of the report was presented and discussed at the Insurance Department’s Annual Hearing on Premiums and Claim Cost Drivers on October 25, 2019 in Concord. This year’s hearing focused on insurance coverage and access to mental health care services. Richard G. Frank, Ph.D., a Harvard Medical School professor, presented information and policy considerations on mental health parity. The hearing also included a mental health policymaking discussion with Representative Ed Butler and Representative John Hunt. Video recordings and other materials presented at the hearing are available on the Insurance Department’s [website](#).

The New Hampshire Insurance Department Can Help

The New Hampshire Insurance Department’s mission is to promote and protect the public good by ensuring the existence of a safe and competitive insurance marketplace through the development and

enforcement of the insurance laws of the State of New Hampshire. For more information, visit www.nh.gov/insurance.